

ATLANTA – On the last Saturday in April, (26<sup>th</sup>), people all over the world will observe World Tai Chi Day. Beginning at 10:00 a.m. in their local time zones, millions of practitioners of Tai Chi will celebrate the healing benefits associated with this martial art. By the end of the day the wave of Tai Chi will have circled the entire globe.

In Atlanta the Chinese Shaolin Centers, located in Intown, Norcross, and Marietta, will sponsor free demonstrations of Tai Chi at Thrasher Park in Norcross (9:30 to 10:30am), at Piedmont Park in The Meadow in Atlanta (9:30 to 10:30am) and Glover Park in Marietta Square (9:45 to 11:45am). They will show how Tai Chi can help reduce stress, strengthen muscles, improve balance and flexibility, and enhance respiratory functions. Audience participation is invited, but not required.

Even though Tai Chi began as a martial art thousands of years ago, modern day health specialists are finding that Tai Chi is very relevant in today's fast paced world. Articles in *Parade Magazine* and *Readers Digest* cite studies pertaining to how Tai Chi can benefit patients with arthritis, diabetes and heart failure; help prevent osteoporosis, reduce risk of falls in the elderly, lower blood pressure, increase physical functioning in people with Multiple Sclerosis and reduce symptoms of Attention Deficit and Hyperactivity Disorder (ADHD).

Because of the importance and relevance Tai Chi plays in overall health and well-being, the Chinese Shaolin Centers, which teach the original forms of Tai Chi, are sponsoring this event to show interested people how easy it is to practice this art. It is ideal for people of all health levels and ages. It is open to everyone and no reservation is required. Following the 10am presentations at Thrasher Park, Piedmont Park and Glover Park, there will be time for questions and answers. For more information contact the individual schools (Intown: 404.872.3978 Marietta: 770.422. 9250 Norcross: 770.409.4039) or log onto their website at [www.shaolincenter.com](http://www.shaolincenter.com)

The Chinese Shaolin Centers have operated in the Atlanta since 1986 and teach traditional Tai Chi, other internal arts and Kung Fu. They were consultants and choreographers for the major motion picture, *Remember the Titans*, and have worked with numerous professional sports teams to enhance training, stamina and balance.

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